

Slow Cooker Family Program Impact Report

Lake County Health Department & Community Health Center -
North Shore Health Center: June - July 2013

Funded by Friends for Health and St. David's Episcopal Church

Program Description

Nurture conducted a four-class Core Family Program for families in partnership with Lake County Health Department & Community Health Center-North Shore Health Center, Highland Park, IL. Seventeen adults and thirty children participated in nutrition, cooking and exercise classes. Topics for the adults included slow cooker instruction, modification suggestions for recipes, and nutrition lessons on the importance of breakfast, lean proteins, fruits and vegetables, whole grains and portion control. Topics for children included MyPlate, Food for Fuel: Go or Slow, Better Beverages and Breakfast. Each family received a free slow cooker, meat thermometer, program workbook and weekly groceries; most of the recipes focused on using the slow cooker.

Overall Results – Adults

- 100% of participants would recommend the Nurture program and would like to take additional classes.
- 98% have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- 84% Agree or Strongly Agree that they will be able to provide their family healthier meals as a result of taking the Nurture classes.
- 83% Agree or Strongly Agree that they are better prepared to make home-cooked meals for their family as a result of taking the Nurture classes.
- Average recipe rating was 8.3 out of 10



Comments – Adults (translated from Spanish)

- [My favorite thing about the series was:] “The information about the grains, how to look at the ingredients on a label.”
- [My favorite thing about the series was:] “The recipes we learned to make.”
- [Because of this class I now:] “Try to eat at home more, prepare and cook meals as a family with my kids.”
- “They explained very clearly how to eat healthier.”
- “Everything was excellent”



Strategies I learned:

- “Put fruits and vegetables in the front of the refrigerator so we take them first.”
- “Use the palm of your hand for portion sizes.”
- “Read the labels.”
- “Use a smaller plate and put on vegetables and fruits first, then the rest.”
- “Eat with the children. Let the children participate [in cooking and food choices].”



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Overall Results- Children

When asked about their behaviors now compared to before starting the Nurture classes

- 100% stated that they have changed the way that they eat at home
 - They eat more fruit and a lot more vegetables
- 70% stated are more physically active
- 60% stated they have tried making some of the recipes or other “go” foods
 - The Green Machine (spinach smoothie) and other smoothies are their favorites

What was the most surprising thing you learned?

- “Bacon has way more grease and bad fat than I thought.”

